

THE SPECTRUM

WEDNESDAY, MARCH 19, 2014

"SHEDDING LIGHT ON CAMPUS NEWS SINCE 1983"

VOLUME 32, ISSUE 7

IN THIS Issue

- 2 HEARTFELT DESIGNS**
Students have the chance to send in their own t-shirt design ideas.
- 3 GENERATIONAL JARGON**
Mark and Amy voice their opinions about the popular words and phrases people say.
- 4 DATING IN COLLEGE**
Do Sacred Heart students prefer "hook-ups" over relationships?
- 6 NATIONAL CRIMINAL JUSTICE MONTH**
Students commemorate the justice system.
- 7 FOOD REVIEW**
Kelly takes a trip to The Granola Bar to test out the popular eatery.
- 8 "RECESS" ALBUM REVIEW**
Sam gives you his opinion on each track of Skrillex's debut album.
- 9 "YOU'RE A GOOD MAN CHARLIE BROWN"**
Theatre Arts Program takes on the musical based on Charles Schulz's beloved "Peanuts" characters.
- 10 MARCH MADNESS**
Students get excited for the beginning of the college basketball tournament.
- 11 PIONEERS TAKE TO THE FIELD**
Sacred Heart baseball win after an intense series against Fordham.

spectrum ONLINE

SACREDHEARTSPECTRUM.COM

@SHUSpectrum

SPECTRUM@SACREDHEART.EDU

Facebook.com/Spectrum-Newspaper

OFFICE 203.371.7963

ADVERTISING 203.371.7828

FAX 203.371.7828

The Spectrum website has been fixed and is fully functioning. The social media accounts are still in the process of being fixed. Spectrum will keep readers updated regarding when the social media accounts will be fully functioning again. We apologize for any inconvenience.

SHU Lax Contributes to Concussion Study



PHOTO COURTESY OF SEAN ELLIOTT

THE MAJORITY OF THE CONCUSSIONS THAT OCCUR IN LACROSSE ARE FROM THE HEAD-TO-HEAD CONTACT.

BY PHIL FALCONE
Staff Reporter

The Sacred Heart University men's lacrosse team will be participating in a concussion study beginning this season. Theresa Miyashita, Director and Assistant Professor for the athletic training education program, is the lead investigator.

"I have always been very interested in concussion research and lacrosse holds a special place in my heart, my husband played through college and professionally in the NLL," said Miyashita.

"Lacrosse does not receive a lot of attention in concussion research, and when I started at SHU I knew I wanted to do this study. We are one of the first to conduct a study of this magnitude of this population," said Miyashita. "I am the lead investigator but there are several other investigators who play instrumental roles: Professor Eleni Diakogeorgiou, Kaitlyn Marrie (Athletic Trainer for the lacrosse team), Mary Jo Mason (Health and Wellness Center), Kelly Copperthite (Adjunct Professor in HMSS), and several athletic training education students."

According to a news article on Sacred Heart's website, the players will be wearing accelerometers in their helmets for the entire season during games and practices. These sensors detect the amount of impact (in Gs or standard gravity acceleration) a player receives when he gets hit by a ball, a stick, another player or hits the ground.

"The information collected from the sensors will then be uploaded to see the number of impacts sustained, where the impacts were sustained and the amount of G's each impact had. Currently, one of my primary responsibilities is the daily charging of the accelerometers as well as uploading all of the data collected on each sensor after every practice and game," said Kaitlyn Marrie, the athletic trainer for the lacrosse team and one of the co-investigators.

"This data at the end of the season will then be compared to variables such as neurocognitive function, modified IQ scores, depression/anxiety, alcohol/drug dependency screens and concussion injuries," said Marrie. "In order to compare these variables each player was baseline tested at the beginning of the season and will be given a post-test when the season is complete. I am in charge of conducting the neurocognitive baseline tests

both pre and post season."

The investigators researching the lacrosse team wonder why people only question concussions in regard to football.

"I think it's fantastic that men's lacrosse team is participating in this study. Concussions in lacrosse are an area that should be researched. It is a growing high intensity sport in this country and one that deserves just as much recognition as football. With all the information that has come out in the media with the link to football concussions and chronic traumatic encephalopathy (CTE) why not look at a sport that can be just as dangerous?" said Marrie.

"I got involved as a clinical assistant professor and clinical education coordinator for the athletic training education program," said Professor Diakogeorgiou, who is also assisting Miyashita. "Additionally, I had the good fortune of developing our head and spine practicum course for our junior level students, which focuses heavily on concussion management. Being a part of the study was very exciting to me and is in line with many of my interests as an Athletic Trainer."

Diakogeorgiou said the concussion study will last at least four years, to examine the long term processes of the students.

Many of the players are very excited about being involved in this study.

"It's definitely a cool opportunity to be able to participate in the concussion study with the team. I believe they've done this with other sports but we are the first lacrosse team to have the chance to contribute to the ongoing studies on concussions and their effects on athletes," said senior lacrosse player, Andrew Newbold.

"Hopefully by us helping out with these tests we will be able to achieve a better understanding of concussions and even have a positive influence on the approach towards protecting athletes and their long term health," said Newbold.

The players and investigators of the study will help all the sports teams at Sacred Heart understand the importance of the knowledge in concussions.

"It's giving the lacrosse community a true understanding about the dangers of lacrosse," said junior lacrosse player Francis Tripucka. "Hopefully this study will help players down the road in treating concussions and knowing when someone has one."



PHOTOS COURTESY OF SEAN ELLIOTT

Correction: In the article titled, "Students Give Meaning to the Alternative Spring Break" the Habitat for Humanity spring break trips were coordinated by Student Life. The article falsely stated that the trips were under the direction of the Volunteer Programs & Service Learning Office.

News

“As a member of Greek life, it’s always awesome to see other members of organizations participate in each others philanthropic events.”

-Sophomore Greg Kilne

Shamrock the Runway

BY AILEEN CASMANO
Staff Reporter

The Kappa Delta Sorority hosted their annual “Shamrock the Runway” fashion show on March 12 in the Edgerton Theatre. The event cost \$5 to enter and all proceeds went to the sorority’s philanthropies, which are Prevent Child Abuse America and The Center for Women and Families of Fairfield County. It is a nation wide event that every chapter of Kappa Delta holds on their campus. 80 Sacred Heart students rocked the runway this year.

“The event was so successful, we couldn’t have done it without everyone that modeled and came to show support,” said sophomore Katie Gennusa, the VP of community service for Kappa Delta who planned the show.

Students of every year are invited to audition for the fashion show. There was a casting call for anyone interested in modeling the event on Feb. 5. Many of the volunteers were members of other Greek life organizations.

“I come to Shamrock the Runway every year because it is such a well planned show and my money goes to a good cause,” said senior Lisa Battista of the Chi Omega sorority.

The categories of outfits worn were casual wear, business attire, and swimwear. A few students majoring in fashion at Sacred Heart designed clothes for the show. A majority of the clothing modeled was purchased or donated from local stores. Several businesses in the community were involved by lending out their merchandise to be modeled. LF, a store in Westport, donated all of their casual wear for women. Alexander’s Tux in Bridgeport provided the tuxedos. They took measurements and lent out every tuxedo free of charge. The swimwear was provided by Swim and Surf in Fairfield.

“It was Kappa Delta’s fourth year hosting the event and every year people seem to have fun modeling. We had a great turnout and raised a lot of money for our philanthropy!” said Gennusa.

The show was a little over an hour long and sophomore Nick Palomba was the DJ. The brothers of the Omega Phi Kappa fraternity also put on a step show and there were prizes raffled off which were donated by local businesses.

“As a member of Greek life, it’s always awesome to see other members of organizations participate in each others philanthropic events. I really enjoyed this one,” said sophomore Greg Kline of the Delta Tau Delta fraternity.

“We raised over \$2,500 this year and will be donating 20% to Prevent Child Abuse America and 80% to the Center for Family Justice in Bridgeport. I am very thankful to be given the opportunity to plan the show and thank everyone that came to support us!” said Gennusa.

SHU Hamlet Discussion

BY EMILY ARCHACKI
Assistant News Editor

On March 10, in the Sacred Heart University Commons, a panel was held on William Shakespeare’s “Hamlet”. The panel was made up of distinguished guests from the local theater community and was hosted by Sacred Heart adjunct professor Joanne Rochman. In attendance were students from two of Professor Rochman’s Literature Expressions of the Human Journey classes.

“This panel opened up my eyes to a better understanding of Hamlet,” said freshman Alexa Cozzarelli.

Rochman’s classes have been reading, studying and analyzing “Hamlet.” Rochman believed it would be beneficial to the students to have theater professionals offer their perspectives on what it was like to be involved with a production.

“Each director and actor who spoke about Hamlet gave explanations in great depth and helped the students to realize that Shakespeare’s language is actually very understandable,” said freshman Jane Kenney.

The panel consisted of James Andreassi, the founder and Artistic Director of the Elm Shakespeare Company in New Haven, CT. Annie DiMartino, the Director of Education at the Long Wharf Theatre in New Haven, CT. Emily Bryan the Director of Education and Resident Dramaturge at Shakespeare on the Sound, an outdoor theater company in Norwalk, CT. Robin Frome the President of the Sherman Playhouse in Sherman, CT; and Davina Porter, an actress and award winning narrator.

“In addition to teaching, I am a theater critic and have known the work of these distinguished guests in regards to Shakespeare’s ‘Hamlet,’” said Rochman. “I invited them for their incredible wealth of knowledge

regarding the play, their passion for ‘Hamlet,’ and their distinctly different approaches to the play.”

The panel discussed their involvement in productions of “Hamlet.” Andreassi played the role of Claudius in a production, and DiMartino played the role of Gertrude. Porter also performed the role of Gertrude in a performance in France.

“It was incredible to experience Shakespeare from the perspective of those who are not only knowledgeable in the topic, but have actually lived, breathed, and felt his works,” said freshman Carly Cavagnaro.

Members produced various interpretations of Hamlet in their careers. Frome, a Shakespearian scholar, produced a Goth version of “Hamlet”. DiMartino, through her Shake-It-Up Shakespeare Summer Youth Ensemble, had a production that involved all of the actors playing various instruments and featured modern day songs as well. Bryan is currently working on an outdoor theater production for the summer of 2015.

“The panel helped me understand that the play Hamlet has a great deal of potential in the theater world. The play encompasses many themes and can be applied to any time period,” said freshman Cody Richard.

Rochman’s Literary Expression of the Human Journey is part of the Common Core curriculum at Sacred Heart. The panel addressed questions discussed in class such as, “What does it mean to be human?” and “How is the natural world appreciated?”

“It is one thing to be able to sit down and have a teacher teach you information, but it’s another thing when you have someone with multiple years of experience on a topic teach you,” said Cozzarelli. “This really shows you that the information we learn in class has a true meaning to someone, and makes you appreciate a topic so much more when you know it’s real.”

Heartfelt Designs T-shirt Contest

BY ALYSSA ANDERSON
Staff Reporter

Heartfelt Designs, a student run business, is giving Sacred Heart University an opportunity to be able to have their artwork printed and sold on a T-shirt in the Sacred Heart Bookstore. From now until March 28, Heartfelt Designs will be accepting original, colorful, and creative artwork for their T-shirt design contest.

According to the Sacred Heart Website, Heartfelt Designs is a student-run business that revolves around creating philanthropic clothing. It gives students from different majors the opportunity to come together and create marketing plans, designs, and financial statements to build a business while donating 100 percent of the profits.

“I love that it brings together a group of students from different ages and majors and gives us the opportunity to work together to run a business,” said junior Heartfelt Designs President, Natalie DiGennaro.

The organization was also meant to give students experience in creating and being a part of a business with the help and advice from advisors, said the Sacred Heart website.

“What I like about the organization is that the students involved are the main contributors to the decisions that are made by the group. It feels good to be on a team with others my age who are all trying to gain experience in business and entrepreneurship,” said junior Heartfelt Design member, Edward Garrity.

DiGennaro said that the contest was created to help bring students together and spread awareness of the company.

“The Heartfelt Designs contest is a way for us, as a business, to reach out

to our fellow community. We want the student to be involved, and help us out,” said DiGennaro.

In Dec. 2012, the university was looking for a way to show support for the community of Newtown after the devastating events that took place. Sacred Heart alumnus Jay Roeder was able to come up with a quote for Heartfelt Designs that read, “Death leaves a heartache no one can heal, love leaves a memory no one can steal.” This quote was on the first Heartfelt Designs T-shirts.

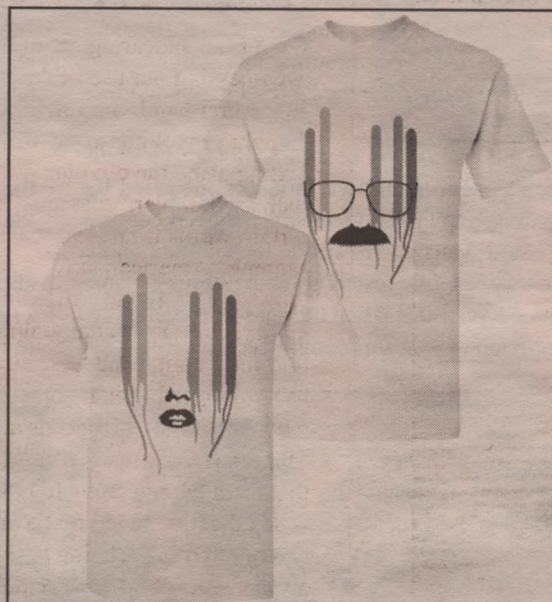
On Jan. 12, 2012, the Newtown T-shirts were available in the University Bookstore and all the proceeds were donated to The Sandy Hook Elementary School Memorial Scholarship Fund.

Most recently, Heartfelt Designs has produced new T-shirts and sweatpants. Both are now available in the school bookstore. The limited edition T-shirts include an abstract design of Marilyn Monroe’s face on one, and an abstract design of Walter White’s face (the lead character in “Breaking Bad”) on another. Both have an interesting variety of paint colors dripping over the faces. The T-shirts cost \$19.95 each. The sweatpants are black with Big Red’s face on the pant leg. These cost \$28.00 each.

With every purchase of a pair of sweatpants, Heartfelt Designs will donate a pair of gloves to shelters in the Bridgeport area.

“So far I think the group’s impact on the school has been strong, and growing,” said Garrity. “However, we are still small and are hoping to branch out into a more established and recognized organization at the school. We have had some successful products on campus and we hope that the contest will host another great success for the group.”

To enter the contest to design the next Heartfelt Design’s T-shirt submit artwork to heartfeltdesigns@sacredheart.edu before March 28. Requirements for the design include artwork with a maximum size of 19 x 15 inches, a maximum of six colors used, and sent in a high-resolution pdf format.



COURTESY OF HEARTFELT DESIGNS
NEW COLOR DRIP T-SHIRTS ARE AVAILABLE IN THE BOOKSTORE.

Perspectives

“Blackfish” documentary comes to SHU

BY KRISTINA BURGWIN
Staff Reporter

The 2013 documentary, “Blackfish” is about the captivity of Tilikum, an orca whale that was captured by SeaWorld. This documentary has opened the eyes of many and has noted to change the way people look at performance whales.

SeaWorld and similar parks state that overall attendance has declined 5% in the first nine months after the film was presented.

This film portrays the life of this particular whale, consequences of its captivity and its involvement in the treatment and deaths of three trainers.

“I was shocked about what SeaWorld was doing to orca whales after watching “Blackfish.” I’ve always thought that having the orcas there would be saving them from potential dangerous situations, but I was wrong. It’s so much more harmful for them to be held in captivity,” said freshman Jessica Salvatore.

This documentary was alarming due to the graphic images and testimonies of former SeaWorld employees.

“I had previously been unaware of just how poorly SeaWorld treat both their employees and their animals. I really love animals and think people who go to the park do too. But after watching this documentary it is hard for me to view the theme park in anything but a negative light,” said freshman Keara Bohannon.

The CNN documentary did not share SeaWorld’s point of view.

“I enjoyed the film, but because SeaWorld did not comment in it,

it was very one sided. The effort they are making now to highlight the preservation and rehabilitation of species their company does seems like they are trying to clean up the mess,” said senior Colleen Crowley. “I love seeing animals up close, but I know they don’t belong in a tank.”

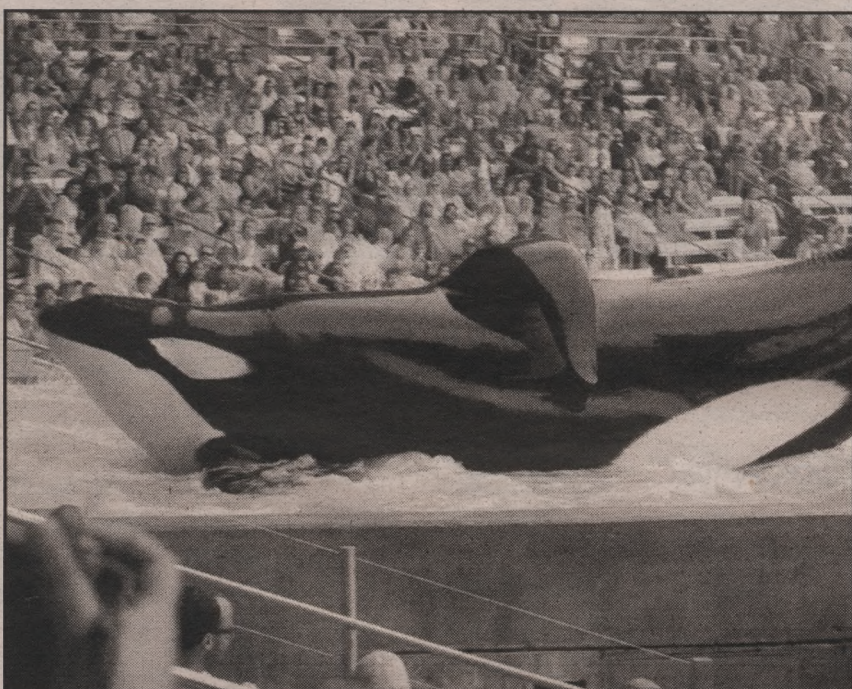
The coverage includes the capture and harassment of fellow captive whales. It portrays incidents that may have contributed to the whale’s aggression and includes testimonials of former employees.

SeaWorld claims to have world-class standards of care, state of the art habitats and a commitment to animal welfare.

“I was shocked at how many injuries and deaths have occurred that could have been prevented. I was also surprised to find out that the whales are often worked to exhaustion and the tour guides often are instructed to give visitors false information,” said sophomore Jessica Brideau. “So much of the truth is hidden from the general public and even the trainers. This movie definitely gave me a negative opinion of SeaWorld and I think that if the park was to stay in business, there would have to be substantial changes to their treatment of the trainers and the animals.”

Many Sacred Heart students appear to agree this documentary was informative and eye opening.

“I would love to instead see SeaWorld become a scientific research and rehabilitation facility,” said Crowley. “I never realized how many issues were wrapped up in this problem. It’s not just about a single whale, but an entire system.”



“BLACKFISH” IS ABOUT THE CAPTIVITY OF TILIKUM, AN ORCA WHALE THAT WAS CAPTURED BY SEAWORLD.

AP PHOTO

GENERATIONAL JARGON

MARKsays...



With the rise of Twitter and the obsession to be constantly recognized on social media, our generation’s jargon/slang has drastically changed. Filled with abbreviations and shortened phrases, it is all about condensing as much verbal “punch” into our words, almost to a point that conversation starts to sound like a long round of drafted tweets that never saw the light of day, most for valid reasons.

Girls and boys use “OMG” and “totes” like they get paid for each time they use it in conversation. Also, when was it was socially acceptable to actually spell out the letter of “OMG” when talking to someone.

Also, so much of our slang is actually slang of slang. “O-M-G” is a slang term for “OMG” which is a slang term for “Oh my god.”

Hip Hop music and urban culture also have a huge impact on today’s slang. With Jay Z and Kanye West dropping bars like “that s--- cray,” later giving birth to the absolutely dignity-stripping term “cray cray.”

Did anyone once recognize the fact that using “bomb” in casual conversation to describe your sandwich or maybe that song you heard last night at the party, could be heard by the wrong people and possibly taken as a state of emergency? Or how about when we use the word “sick” to describe a band you saw last night, wait did the band catch a cold before the show?

So much slang leaves me scratching my head at times. I do not even know where to begin to understand who came up with the word “brick” to describe the climate. I guess I understand that bricks typically retain the cold, but still, what? “It is totally brick outside right now.” Oh you don’t say?

Slang is mostly ridiculous, but at the same time extremely interesting because it is very telling of the younger generation; it is an open attempt to be “cool” and “trendy.” When I use words like “rad” and “gnarly” it is because I am subscribing to more of a 90’s kid and indie culture. However, I love saying something is “dope,” which is the equivalent of relating something to hard drugs, which my favorite song or movie will never be. I hope we all get the humor in that, and have a dope day!

AMYsays...



What is so endearing about being American is witnessing our use of the English language first-hand. Jargon in today’s society is thought provoking to say the least. Setting aside the obvious regional jargon such as “bubbler,” “hoagie,” and “wicked,” certain words transcend these barriers and become “Americanisms.”

I’ve found, with my own place in modern culture, that anything remotely good is “pretty legit,” and “dude” is a lovely fallback to use whenever someone says something shocking. “Dope” is anything remotely of interest and “mad chill” is a human trait that most people strive to possess. “Bomb” is an adjective to express a good-tasting burrito or anything relating to that category of awesomeness and “awesome” can describe anything positive in general.

Looking through American history, it is interesting to see how with each passing decade, people find vastly different ways of expressing themselves. It is also fascinating to see some words resurface after being dormant for many years. In the twenties, “the cat’s pajamas” described the ultimate height of excellence and if everything was perfect and in your face it was “hotsy-totsy.” In the 60s, everything hip and cool was “groovy”

and anyone who was groovy was address as “Daddy-o.” In the 70s, people who liked or understood something would “dig it” and in the 80s, if you were very hip you were seen as “fly” or “gnarly.” In the 90s, everyone would just agree and express approval with “word.”

I have also found that today, words have been manipulated, overused and stripped of their meanings. We just can’t seem to find the time to spell out “talk to you later” or express overjoyed laughter in anything other than an acronym. My mom thinks that LOL still means “lots of love.” I’m with her. Naivety is bliss, man. We painfully over-use words, beat them into the ground until they no longer mean what they are supposed to mean, rinse and repeat.

Take “awkward” for example. This lovely seven-letter word once described someone in minor discomfort after undergoing a mildly inconvenient situation. Now, it essentially describes any small mishap in life. Oh you are talking with someone and the conversation suddenly stopped? OMG how awkward! You can’t just sit there and be silent. Oh the horror! Calling a vulnerable situation awkward is just awkwardly ignorant if you ask me. Dropped your plate in the dining hall? Not awkward, more annoying. Spilling your whole tray of drinks on a family of six your first day as a waitress? Awkward, trust me. White guy in urban clothing walking into a club? Not awkward. Any white guy with a comb over walking anywhere, ever? Awkward, always.

Obviously I digress, but we need to get away from these misused words and acronyms. Lets bring “the cat’s pajamas” back. It is extremely corny but at least it displays some trace of intelligence. All I ask is that we simultaneously pick up a Thesaurus, a word of the day calendar, a fortune cookie, anything, and expand our vocabularies. I would really dig that, and I’m sure you all would too.

Perspectives

Students Comment on Dating in College

BY NICOLE CANNIZZARO
Staff Reporter

Students attending college in America have fallen into the stereotype of being apart of the modern-day “hook-up” culture. Has Sacred Heart University fallen into this stereotype? According to the American Psychological Association, “hook-ups” are, “brief uncommitted sexual encounters between individuals who are not romantic partners or dating each other.”

Students at the university acknowledged that “hook-ups” do exist between people, but that many students are in committed relationships.

“At Sacred Heart I feel like there is a mix of everything [relationships] and it even changes throughout the year. When students gets back from summer it seems like more “hook-ups” occur, but as the year goes on I think more people settle down and find the people they want to be with,” said sophomore Kayla Wisnieski.

If you’re in a long distance relationship during college, the time apart could be longer than the time together. For senior Elizabeth Bennett, the extreme amount of time apart makes you realize you have to make the most of any time you have together so that it’s worth it.

“I’m from Alaska and that’s where I met my boyfriend, the longest we’ve been apart was almost seven months. Looking back, I have no idea how we did it, but we had to accept the fact that we wouldn’t be able to talk all the time and we soon found our rhythm,” said Bennett.

Social media today can help couples all over the world stay in touch throughout

their times apart such as Skype and Facebook. These ways of communication can keep couples connected no matter how far they are apart.

“I’m in a long distance relationship, communication is probably the most important thing you need to make it work,” said sophomore Michael Day.

If not in a long distance relationship, many students find their special someone at Sacred Heart. Freshman Nicole Stemmler thinks it’s easier being with someone on campus, but any type of relationship is hard to balance in college.

“It’s definitely easier being two floors apart instead of two states, and it’s very convenient for spending time together,” said Stemmler.

Although women make up 64% of Sacred Heart’s campus population, sophomore Amanda Frankie was still able to find someone right for her.

“A relationship on campus works for me because it’s a unique part of your life where you can experience things and grow together,” said Frankie.

But not everyone gets to experience his or her college years with their significant other.

Some students, like freshman Olivia Decas, believe that the worst part of being in a long distance relationship is the fact that you have to sit back and watch your significant other doing the things you’d usually be doing together, without you.

Although this is so, Decas discusses how being apart can make a couple closer to one another in different ways.

“The best thing about distance is it makes you realize how much you want the other person in your life. When you see someone putting in effort to keep a relationship it keeps you wanting to put in the effort as well,” said Decas.

WHAT DID YOU DO FOR ST. PADDY’S DAY?

EMILY NUNES, SENIOR:

“I went to class and then I drank some green beer at Red’s like 22-year-olds do.”

JOE HEENAN, JUNIOR:

“Absolutely nothing because I had so much work to do.”

MARE MCGOORTY, SENIOR:

“I worked at my internship, being a responsible senior, and then I relaxed at Red’s.”

HAYLEY PEREIRA, JUNIOR:

“I went to class, lol.”

AIDEN SHINE, SOPHOMORE:

“I did homework, unfortunately.”

SARA CRAWFORD, SENIOR:

“Celebrated by living vicariously through other peoples’ Instagram posts and SnapChats.”

CHRISTINE ANTONI, SENIOR:

“I went over my lines for my role in Charlie Brown this weekend.”

AMY BARDINO, JUNIOR:

“Nothing.”

BRENDAN FINNAGAN, SENIOR:

“I wish I ate corned beef and cabbage.”

JILL GRAY, SOPHOMORE:

“I learned about price elasticity of demand.”

KRISTIN MURRAY, SENIOR:

“I partied in New York City with leprechauns.”

MARY BROWN, JUNIOR:

“I worked at Red’s.”

JORDAN AGILECIO, SENIOR:

“I worked at Red’s until 8pm and then went out.”

Editorials

meetTHESTAFF

EDITOR IN CHIEF
AMANDA SIALIANO
2015

MANAGING EDITOR
DAN OTZEL
2014

COPY EDITOR
MARK PODESTA
2015

NEWS EDITOR
ALANA MILLER
2015

ASST. NEWS EDITOR
EMILY ARCHACKI
2016

PERSPECTIVES EDITOR
AMY NUNES
2014

ASST. PERSPECTIVES EDITOR
MARISA PAPA
2015

FEATURES EDITOR
TAYLOR LANE
2014

ASST. FEATURES EDITOR
NATASHA KLINOFF
2015

A&E EDITOR
JEFF DALEY
2014

ASST. A&E EDITOR
KAT LINDSAY
2014

SPORTS EDITOR
KATIE SHEPARD
2015

ASST. SPORTS EDITOR
SAM BUTLER
2015

ADVERTISING MANAGER
MICHALA FITZPATRICK
2014

WEB & SOCIAL MEDIA MANAGER
COLLEEN CROWLEY
2015

PUBLIC RELATIONS MANAGER
ANDREA PROTO
2014

CIRCULATION MANAGER
MEGAN LACKMAN
2015

PHOTOGRAPHY EDITOR
LIZ MASTROCOLA
2015

ASST. PHOTOGRAPHY EDITOR
FILIPE LOBATO
2016

CO - GRAPHIC DESIGN EDITOR
HOLLY JOHNSON
2015

CO - GRAPHIC DESIGN EDITOR
JESSICA NICHOL
2015

FACULTY ADVISOR
PROF. JOANNE KABAK



And so the Madness Begins...

KATIE SHEPARD
SPORTS EDITOR

March Madness, a true sports fan dream come true. From the conference tournaments, to the national championship game and everything in between the month of March signifies what sports are all about. The Cinderella stories, the perennial powerhouses, each with their own story and each with a chance to make history once they get the official invite to the Big Dance.

Selection Sunday always proves to be the make or break day for those so-called bubble teams that had a pretty good season, but didn't win their conference tournament, thus they sit on the bubble, or the fence whichever term you prefer. Sometimes you get in, and make a magical run past the first weekend and sometimes you get the snub from the selection committee, just the way it works.

As a fan I have loved Duke basketball since the new millennium, so not having the Blue Devils in the NCAA tournament is something that I have never experienced, nor ever want to. Coach Krzyzewski is arguably one of the best coaches in the game; it is hard not to like a guy like that. But at the same time, I love the underdog. Back in 2010, I was torn when my beloved Blue Devils took on the underdog, hometown team of Butler in Indianapolis. I was all smiles when Duke raised the trophy, but I always love the small teams that stick it to those historic, tradition rich programs.

My freshman year we got to be a part of the NCAA tournament, and it was one of the best experiences of my entire life. Winning a conference tournament and knowing that you au-

tomatically are going to be in the dance is truly a surreal feeling. It is something that I have dreamed about since I was a little kid shooting in the driveway. This year we will be absent from the big dance, but I am very optimistic to believe that Sacred Heart will once again be dancing in the 2015 tournament, or so I hope.

Being a student athlete I am no longer allowed to bet on teams, enter pools for money, which let me tell you, used to be quite the income for me back in the day. But here we are, no gambling, but still partaking in the family pool for fun, and most importantly bragging rights. Being highly competitive, I take all the competition I can get, including my five year old brother, and my mom who chooses the winner of each games based on pronunciations of the school, mascot and colors in that order.

I guess I should put my two cents in on how to go about filling in a bracket, quite honestly go with your gut especially if you haven't seen the two teams play before. So many of these analysts go by number after number when I truly believe they don't even know what the numbers represent. I mean how could you when they put about 50 numbers on the screen next to the team's logo, I get distracted and I live for this stuff. You could be like my mother and look at the mascots, school names, and colors. Whatever you do, fill a bracket out for fun even if your eyes are the only ones that ever see it. Most importantly enjoy watching these games, the buzzer beaters, the rim-rocking dunks and tears of joy and despair of losing. There is not a greater time of year than this.



"Mountains Beyond Mountains," by Tracy Kidder

NATASHA KLINOFF
ASST. FEATURES EDITOR

When I was in elementary school, I helped my mom fundraise for a Haiti relief organization. At the time I did not know much of anything about Haiti or people like Dr. Paul Farmer or Tracy Kidder. I just sat at a large table outside my moms clothing boutique and handed out warm gingerbread with whipped cream next to a stack of "Mountains Beyond Mountains," by Tracy Kidder.

Many of the people that stopped by my table gobbled down the gingerbread and then praised the book. They went on and on about Dr. Farmer and his global accomplishment.

I tried reading it a few times while I sat at my table, but my fourth grade reading level made me lose interest within minutes.

It was not until I was a senior in high school that stumbled across "Mountains Beyond Mountains" again. I recalled passing out gingerbread and struggling through the first few pages of the book. I felt that it was only right that I try to read it now.

In Tracy Kidder's "Mountains Beyond Mountains," Kidder tells the story of the heroic Paul Farmer. Paul Farmer is an American anthropologist and physician. His goal is to bring healthcare to third world countries and because of his efforts, he came to be known as, "the man who would cure the world."

Through the book, I was amazed with the perseverance and the passion behind Farmer and his battle with poverty.

Farmer was one of six kids; his family lived in an old bus that they converted into a mobile home. The family moved from trailer park to trailer park for the majority of his childhood. Despite his unconventional home life, Farmer excelled in school.

"Mountains Beyond Mountains" made me realize how much of a difference one person can make. Farmer was able to provide health care for hundreds of thousands of people in Haiti. Amazing changes can be made as long as people are willing to work for them. After reading Kidder's book, I felt a type of inspiration that led me to believe that everyone has the potential to do something great and meaningful.

The story educated me in what was going on in Haiti. I had an idea of some of the hardships they faced with poverty and health care but through Kidder and Farmer I felt connected with the people and Farmer's mission. I expected to read about hardship and pain, but the book is not just about poverty.

Through "Mountains Beyond Mountains," I was introduced to wonderful and hardworking people. The story made me think about the generosity and compassion of people, not the suffering.

Now when thinking back to my days at the gingerbread table, I think about how I was just feet away from an amazing story that would change the way I look at the world and humanity.

The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each Wednesday's issue. All submissions are subject to editing for spelling, punctuation, and length.

Letters to the editor should not exceed 400 words and should be e-mailed to spectrum@sacredheart.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.

Features

English as a Second Language

BY KELLY RAMANO
Staff Reporter

With students from Saudi Arabia, Syria, Jordan, Egypt, Brazil, France, Germany, Poland and 10 other countries, English as a Second Language is a small program at Sacred Heart that has a big impact on its students.

This full-time program with over 100 grad-students is a way to bring in students with bachelor degrees, from many different countries to learn academic-level language function.

These students travel to America, some with their families, on student visas. The student visa allows them to stay for about a year and learn the English language, whether it's at Sacred Heart or another university.

"96% of them are graduate students, so they've done their bachelors degree in their home country and they have to polish their English for a year before they start their graduate studies," said ESL director, Madeleine Monaghan.

This non-credit program takes place over 23 hours a week in the classroom. However, they also take field trips every semester and have conversation partners with domes-

tic American students in the cafeteria. In addition, every summer semester they do a fun field trip to an amusement park.

There are 20 part-time teachers that have been teaching ESL for many years and run classes at the Stamford campus. All of the classes are taught in mainly English because of the possibility of having students from 10 different countries in one classroom.

"Even at the earliest levels, an instructor will demonstrate the language, we might engage in physical activities that allow [them] to demonstrate the meaning of words, and then you build up from there," said Monaghan.

Most of the students in this program have no background in English, which makes it more challenging for teachers to teach to an international classroom. Between all of the professors within the program, they can teach about 10 different languages.

ESL students have a slightly different schedule in comparison to other students.

"They don't have common core classes, but our five classes are writing, listening, speaking, reading and conversation," said Monaghan.

While Sacred Heart students are off on summer

vacation, the ESL students are still working on their "5th semester." They have two fall semesters, two spring semesters and one shorter summer semester.

"Every semester we get about 20 new students," said Monaghan.

In 2010, when Monaghan took over the program. At that time, there were only 16 students and now there are over 100 students.

Although the focus is on teaching the English language, the student's heritage is very important to the program.

"Every semester we have an ESL end of the semester lunch where the students make presentations about their own country and we invite all of the other students to come," said Monaghan.

The ESL program is looking for students of Sacred Heart to become conversation partners with the ESL students.

The program will soon be starting coffee afternoons with the students where everyone is more than welcome to come and bond with the students.

National Criminal Justice Month

BY RAYMOND MORRISSEY
Staff Reporter

Throughout the calendar year, there are many months dedicated to awareness for special causes or movements in history, such as Breast Cancer Awareness Month and Black History Month. March commemorates the justice system by naming it National Criminal Justice Month.

At Sacred Heart, the month of March has been filled with different events in order to celebrate and commemorate the justice system.

On March 12, there was a panel discussion on criminal justice in the 21st century held at the Shine Auditorium.

The panel consisted of four criminal justice professionals from the Federal Court System. In attendance, were his Honorable Justice Stefan Underhill, Assistant United States Attorney Sarah Karwan, Federal Defense Attorney Frank Riccio, and Federal Probation Officer January Satrazemis.

The participants of the panel worked together and discussed current trends and problems within their respective positions in the field.

There were many Sacred Heart students in attendance for this special event.

"The event was well attended by both criminal justice students and students from other disciplines. They all seemed to have found it both interesting and informative," said Professor Anthony Papa.

The event went so well that the Criminal Justice Department plans on doing it again.

"We plan on making this an annual event with a different theme every year," said Papa.

Another event in which students from the criminal justice program were given a chance to celebrate took place on March 14. A group of students accompanied by Professor Papa and Professor Stephane Kirven attended the ASIS (American Society for Industrial Security) Security Expo at the Jacob Javits Center in N.Y.

At this expo, the students were exposed to many elements of law enforcement that federal and local officials use in training exercises.

The event was interactive and put students through real life situations.

"The students were able to gain first-hand knowledge of all the latest innovative technologies available in the security industry. Many of the students were placed in a

simulated law enforcement situation where they were faced with and engaged in a shoot-out with several criminals," said Papa.

Other exhibits included informative sessions with the N.Y. State and the NYC Police Departments. This allowed the students to interact with two of the bomb sniffing dogs and the K9 department.

On Wed. March 26, they are holding the Criminal Justice Film Festival and encourage all students, faculty, and staff to attend. The festival will be held in the University Commons. The audience will view a film called "Central Park Five".

There will be a discussion following the viewing with Detective Sergeant William Cannon, a retired member of the NYC Police Department.

Cannon was involved in the investigation portrayed in the film. Also in attendance will be an attorney from the Connecticut ACLU who will provide an analysis of this portrayed case.

The Criminal Justice Film Festival is a way for students to celebrate National Criminal Justice Month and to hear from professionals in the field.

Annual Student Art Exhibit

The Art and Design Department hosted the Annual Student Art Exhibit this past Sunday at The Edgerton Art Gallery. Artwork that was accepted into the exhibit consisted of a variety of mediums, including watercolors, oil paint, acrylic paint, graphite, colored pencil, and digital pieces.



LEFT, ABBY WOOSTER STANDS ALONGSIDE HER DRAWING OF HER FATHER, WHICH TOOK FIRST PLACE IN THE FOUNDATION COURSE CATEGORY. RIGHT, GRAPHIC DESIGN STUDENT MIKE ABATE DISCUSSES HIS ARTWORK WITH GABRIELLE MCNAMARA.

THE SPECTRUM/LIZ MASTROCOLA

Features

Food Review: The Granola Bar



COURTESY OF THE GRANOLABARCT.COM

BY KELLY RAMANO

Staff Reporter

The Granola Bar located at 275 Post Road East in Westport, Conn., is the new place to be. With a menu unlike any other restaurant with reasonably priced food, the Granola Bar is somewhere you can go at anytime of the day.

Options range from lattes to granola, or sandwiches to eggs; whatever you want for breakfast, lunch or just a snack, they have it.

After a couple minutes of struggling to find a parking spot in this tight plaza, I walked into this small restaurant and it was filled with customers. I had to wait about a 15 minutes for the table at the Granola Bar, but was well worth it.

Straight ahead, on the back wall, there are box

decorations with the menu inside of it. There are tables and booths lined up through the restaurant. It is rare to find the Granola Bar with empty seating.

Something unique on the menu for only \$4.75, is the nutella latte. They serve multiple latte flavors including vanilla, peppermint, cinnamon and carmel.

Along with the latte, I tried the original bacon, egg and cheese for only \$4.50. My waitress recommended it to me and said it is one of the most popular items on the menu.

My roommate tried the regular hot tea and the Thanksgiving Panini. For only \$12, it was filled with turkey, homemade stuffing, cranberries, and cranberry aioli served with a side of gravy for dipping.

Of course I couldn't go to a granola bar without trying the granola.

My roommate and I shared "the tasting." It con-

sisted of four amazing different types of homemade granola with a side of yogurt and fresh cut fruit.

Not only was the food great, but the service was just as good. Our kind waitress and the hostess were very welcoming as soon as we walked in.

Although they currently do not have a lot of staff because they are fairly new, they made it work.

The Granola Bar is also known for their food trucks.

They have two food trucks that deliver coffee, tea, baked treats, yogurt, granola and a lot more. Our waitress advertised these purple trucks as something you can get for a party or a function along with handing us a business card.

Overall, I would definitely recommend this restaurant and their wide variety of food choices to Sacred Heart students and to anyone who lives around the Westport and Connecticut area.

SHU-WELL Living Learning Community

BY ZACHARY RAMIREZ

Staff Reporter

At Sacred Heart University, the Office of Residential Life offers four different Living Learning Communities for accepted freshman students to apply to before coming to the college. All of the Living Learning Communities, also known as LLC's, are application-based and connect students to others who share the same common goals and interests as them.

Participating in the LLC's for one semester gives students an incentive and they are awarded one credit for doing a minimum of 15 hours of service each semester. The four LLC's offered at Sacred Heart are the Honors Program LLC, the John F. Welch College of Business LLC, the Community Connections LLC and the SHU-WELL LLC.

The SHU-WELL Living Learning Community program is for students that share a commitment to the pursuit of health and wellness.

"SHU-WELL is made up of students mostly from the College of Health Professions, for example, exercise science, athletic training, nursing, pre-physical therapy," said Kerry Milner, SHU-WELL LLC instructor and Assistant Professor for the Department of Nursing. "We engage in activities that promote wellness of the

whole student."

The SHU-WELL LLC aims to provide opportunities and experiences for personal growth. The program explores issues related to physical, mental, spiritual and environmental well-being.

"Living with a group of freshmen in the SHU-WELL LLC and participating together in hall and community health and wellness activities allows you to bond and create great memories," said LLC member Danielle Tenney.

This program is exclusively for first and second year students. This program is meant to encourage freshmen and sophomore students to make strong lasting friendships over the common interest of health and wellness.

According to the SHU-WELL LLC's description on sacredheart.edu, the group is open to students that are a good fit for health related academic programs. The program does not require particular majors or pre-requisites.

The deadline to apply to join the SHU-WELL Living Learning Community is June 15th of this year. Students will be notified in July if they have been accepted into the program.

The LLC students are grateful for the team that makes the program run so productively.

"[I like] being in a shared commitment by students, staff and faculty to the

development and practice of the pursuit of healthy living," said Tenney.

Milner has a lot of enthusiasm when it comes to the program.

"I have been teaching at SHU for four years in the undergraduate nursing program and Doctor of Nurse Practice Program. I have been a nurse for more than 20 years in the area of critical care and cardiovascular disease," said Milner. "I am passionate about wellness because the majority of cardiovascular diseases can be prevented by eating healthy, regular exercise, and managing stress in healthy ways."

Even though the program focuses on improving the well-being of everyday life, it can also help with the academic challenge of college courses.

"It helps being in an environment supportive of academics that encourages and promotes the development and maintenance of a healthy body, mind and spirit," said Tenney.

According to the website, "SHU-WELL supports and encourages balanced, healthy lifestyles for the diverse SHU community by fostering individual development through educational, recreational, and service programs."

"We take hikes at Lake Mohegan and we have meatless Monday dinners at 63s once a month [where] we eat a meal without meat in support of healthier diet and environment," said Milner.

Among the many goals stated on the website, the program focuses on the individual being an accountable young adult who is active in the community.

"We are committed to enhancing individual potential, developing responsible citizenship," said Tenny.

There are about 30 members in the SHU-WELL LLC program as of now, and there are limited spots open to both males and females.

There are many different types of activities that the students participate in. "Most events last about an hour, some last an hour and a half, and big trips go longer, such as, when we go on hikes or go to NYC," said Tenney.

Even students with a busy schedule appreciate what the program has to offer.

"I have never regretted being in SHU-WELL. It's very manageable, especially with my athletic schedule, and our instructors are absolutely amazing," said Tenney.

For more information on the SHU-WELL LLC program you can contact the instructors of the program, Anna Price at pricea5@sacredheart.edu and Kerry Milner at milnerk@sacredheart.edu.

Editor-in-Chief Amanda Sialiano contributed to this article.

Arts & Entertainment

Museums: Something for Everyone



RIGHT: ONE OF THE SPECIMENS IN "BODY WORLDS 2" IS SEEN AT THE MUSEUM OF SCIENCE IN BOSTON.
LEFT: SPACE SHUTTLE ENTERPRISE IS FLOWN OVER THE INTREPID SEA, AIR & SPACE MUSEUM, WHERE IT WILL BE PUT ON DISPLAY.

BY ADREANNA WALSH
Staff Reporter

Museums are a staple focused on the arts, history and science. Though museums may not be geared towards all, it is a great way for students to explore NYC, and Connecticut in other interesting ways.

"I've been to the Natural History museum before and my favorite part about it was that it wasn't boring. There were dinosaur bones and things you wouldn't think to see," said freshman Nicole Alaimo.

The American Museum of Natural History is a hit museum located in New York City. It's been around for years, and is located on the upper west side of Manhattan.

Though many students enjoy going around the area to explore museums, other students would rather stick to other activities.

"I honestly don't enjoy going to museums and neither do my friends," said senior Joey Eppedio.

However, for Sacred Heart students that do enjoy a fun time walking around the city and exploring different museums, Manhattan is only an hour or so away. You could also bring along some friends for the ride if you want company along the way.

"Museums aren't really my scene. But my friends would come with me if I wanted to go to the city," said

freshman Alex DeChino.

But if you can't make the trek down to Manhattan, and are looking to save some money, there are also great museums located near Bridgeport and around the surrounding areas.

The Pez museum, located in Orange, Conn. has an admission price of only \$5 for adults. They also have special prices for a group of ten or more that costs \$4.

"I'm from Connecticut and I really enjoy the museums here. The Pez museum in Orange is my favorite because it's really fun and different," said junior Jaime Perrotti.

Students interested in some more cheap ways to explore museums around the area look no further than your backyard.

The Housatonic Museum of Art located on 900 Lafayette Boulevard in Bridgeport is a great alternative to city museums, and it is close to school. There are also quite a few art museums located in Greenwich, Conn.

Depending on preference, these museums offer an alternative to the Pez museum located in Orange.

Conversely, if students do want to take a trip out to New York and visit the museum scene, it does not disappoint.

At Madame Tussaud's Wax Museum located in New York City, students can enjoy a day in Times Square and take pictures with famous wax replica celebrities, athletes, politicians, and more.

"Madame Tussaud's is my favorite museum. I usually go with my friends because it's not a regular boring museum," said junior Lea DeRosa.

The Bodies Exhibit museum is another popular hit amongst all ages. It features real human body parts, showing muscles, bones, organs, and more. This would be a great place for nursing or science majors to visit.

"I went to the Bodies Exhibit when I used to be really interested in science, I'll never forget it," said freshman Carly Reich.

The Bodies Exhibit is located on Central Park West and 79th Street in New York.

Another museum to try if arts are of interest is the Metropolitan Museum of Art, located on 1000 Fifth Avenue in New York.

Going out and seeing different works of art by many different artists is a great way to expand knowledge in the arts. Whether it's a fun wax museum, an interesting history museum, a human body museum, or an art museum, all museums have something to offer with pretty affordable prices.

"If my friends would come with me from school, I'd check out the museums near by," said DeRosa.

CHECK OUT A LIST OF MUSEUMS TO VISIT IN NYC AND CT ON PAGE 9.

Sacred Heart Students Put on "Charlie Brown" Performance

BY RICKY YANDOLI
Staff Reporter

There was a musical spectacle located at Sacred Heart's little theatre this past Thursday March 13 at 8 p.m.

The musical, "You're A Good Man, Charlie Brown", was presented by Sacred Heart's Theatre Arts Program.

The cast starred Christine Antolini (Lucy), Dan Murphy (Linus), Michael Nunez (Schroeder), Nicholas Patino (Charlie Brown), Lauren Pelland (Sally), and Michael Tartaglia (Snoopy).

"This show was structured to be an outlet for students and also to reminisce on their childhood days watching Charlie Brown. I enjoyed my role and participation in the musical," said Michael Nunez, who played Schroeder.

As the show began, Act one started off with, "You're A Good Man, Charlie Brown". Antolini, Murphy, Nunez, Patino, and Pelland performed the song.

The show then quickly picked up from that point with various skits titled, "Good Man Playoff" and "Before Lunch Hour".

"In my opinion I thought the introductory part of

the show was great and showed the actors and actresses singing talents. From my point of view I could see and hear clearly how they were drawing the small crowd," said junior Geoffrey Connors part of the production staff, Spot Light.

As Act one progressed there were a variety of scenes such as "The Kite" which featured Patino, "The Doctor Is In" with Patino and Anolini, and "The Book Report" which featured the entire cast before there was a brief intermission.

Act two started off with the skits "The Red Baron" and "My New Philosophy."

As Act two continued "The Baseball Game" was another major skit. It had Charlie Brown swinging a baseball bat and striking out. As Patino kept singing a long in the skit there was a part in it that signifies Charlie Brown's character. It had Charlie Brown drop his head in disappointment as he let his teammates pitching really badly.

As act two was coming to a close "Happiness" and "Bows" were the last skits. The whole entire cast was singing a long during these skits. These scenes showed that despite Charlie Brown struggling in every aspect of his life throughout the entire musical, he does have a purpose.

When Lucy compliments Charlie Brown for being a nice person after giving him the roughest time out of anyone that showed how people really view Charlie Brown.



PHOTOS COURTESY OF TRACY DEER-MIREK

NICK PATINO AS CHARLIE BROWN.

"It was so cute. The cast was extremely talented and they really captured the "Charlie Brown" cartoon characters that we all know and love," said senior Carly Hansen.

Come and see "You're A Good Man Charlie Brown" this weekend March 20-23rd at the Little Theatre. Tickets are \$5 for Sacred Heart students.

Arts & Entertainment

“RECESS”: ALBUM REVIEW

BY SAM BUTLER
Assistant Sports Editor

Back in 2011 Sonny Moore also known by his stage name “Skrillex” released his Bangarang-EP that provided fans with popular tracks such as “Right In”, “The Devils Den” and the title track “Bangarang.” What was remarkable about this EP was that it was created entirely on the road. After all of the hype was finished 3 years ago, fans only wanted more from Skrillex. After touring for 2 years straight, it was time for Skrillex to take a break, Sonny took this past year off from touring to spend time in his new home studio to experiment and to create music that would only result in the creation of Recess.

1. “All is fair in Love and Brostep” - Skrillex would debut his album with his original sounds, from heavy head bobbing bass, to several vocals provided by The Ragga Twins. Being one of my favorite tracks, I’ve found myself replaying this track over and over again. This song has the ability to get anyone out of their seat and jumping around. “To get a 1000 miles from the earth, a rocket would need this much power...” This track is an experience in itself, let me know if you get Goosebumps while listening to the song.
2. “Recess” - If one thing is for sure, Skrillex has definitely been experimenting with his time off, and “Recess” is a completely new sound for Skrillex. This collaboration featuring Kill the Noise and “Hype-man” Fat man Scoop will have any crowd bouncing. “ Fight till you can’t fight, everybody’s alright, don’t let it stop, don’t let it stop, till we make it to the daylight.” This one catchy chorus leads up to in my opinion one fun, bouncy drop. I expect this song to be an anthem for upcoming summer festivals.
3. “Stranger” - Another very different sounding collaboration from Skrillex, KillaGraham from Milo & Otis and vocals from Sam Dew. What is special about this track is that it is featured on the soundtrack for the upcoming film “Divergent” due in theaters March 21. “I’ll forget your name here, you’ll become a stranger.” This track begins as a face paced dance track but then subtly progresses into trap track with a “tribal” sounding feel.
4. “Try It Out” - Released as a 3 song EP back in October, “Try it Out” has been played at shows by sonny and fellow collaborator Alvin risk for the past couple of years. I remember seeing Skrillex tweet a while back saying that Risk and himself made almost 8 or 9 different versions of the song. Anyways, The version that is on the actual album is the Neon Mix, which is the most listened to version with over 14 million views on YouTube. Leaks and rips have been floating around the Internet for the past couple of years and frankly I am so happy that it gets a full release on his album. “IMMA TRY IT OUT, OK”
5. “Coast is Clear”- Skrillex takes a whole 360 degree turn on this track, on his newest collaboration with rapper, Chance the Rapper. “Can I ask a question? Can you keep a secret?” is only the beginning of this catchy chorus. When I first heard this track to be blatantly honest I was generally confused. This jazzy, electronic infused song can put

anyone in a good mood from chance’s lyrics and happy feelings.

6. “Dirty Vibe”- k this is a fun track. South Korean rapper G-Dragon, CL and electronic music pioneer and the other half of “Jack U” (group with Skrillex) Diplo are all featured on this track. Having Diplo on this track really influenced the Jamaican, Caribbean fast paced, drums that are played through out the song. Check out this track if you want to turned up



THE SPECTRUM/SAM BUTLER

7. “ Ragga Bomb”- “DROP DE BOMB ON DEM” repeated several times through out this song from vocals by The Ragga Twins and I don’t know about you, but this song gets me amped up. To be honest, 2/2 on the collaboration song with The Ragga Twins, I cant wait to hear this song live during the summer when I get to see Skrillex in New Hampshire on his “Mothership Tour 2014”.
8. “Doompy Poomp” - A psychotic journey is a complete understatement for this song. Unfortunately when I first heard this song, I thought it was a joke. I like to consider this track, his “play” track. Through out the song you can hear several useless of random samples that are mind blowing. Not much more I can really say about this track, experience this one for your self.
9. “F--- That” - Originally stated by Skrillex during a live show that it was a dj tool, I was very surprised to see this track on the album. I figured that the track wouldn’t be finished before the album was completed because of how much a perfectionist Skrillex is, however I’m happy he finished it. What starts off as a fast paced deep house infused track quickly drops into a heavy bass “head bobber”.
10. “Ease My Mind” - My favorite song on the album Recess, This collaboration between Skrillex and vocals provided by Niki and the Dove, this track is just perfect in every way. From the very catchy chorus “Dj ease my mind will you, play that song again, cause we were in love.” Which leads into a heavy bass infused I can’t convince you to listen to any of the album I beg you to listen to this track. This song is going to be the new “cinema” and will be an anthem very soon... trust me.



PHOTO COURTESY OF ITUNES



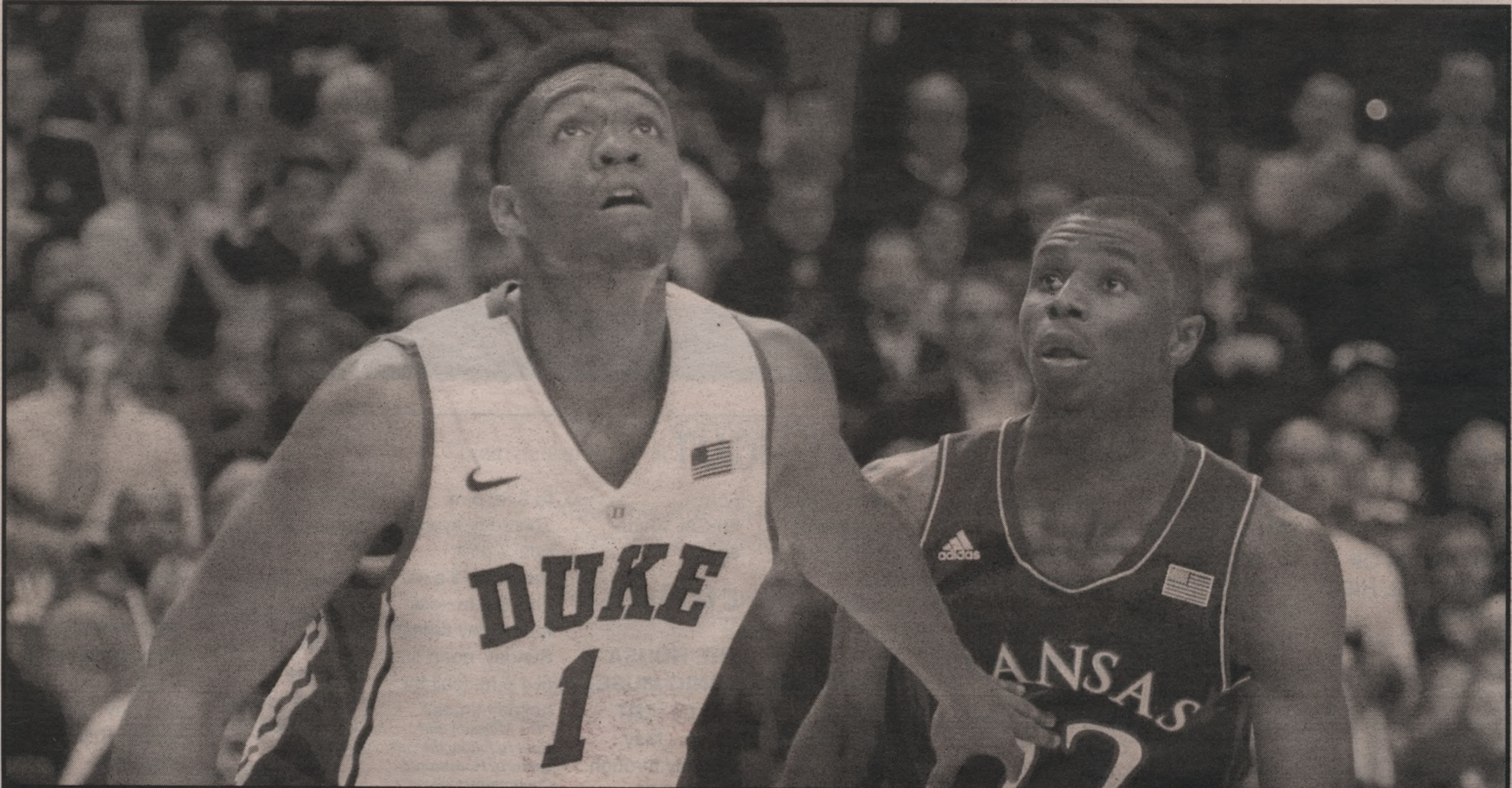
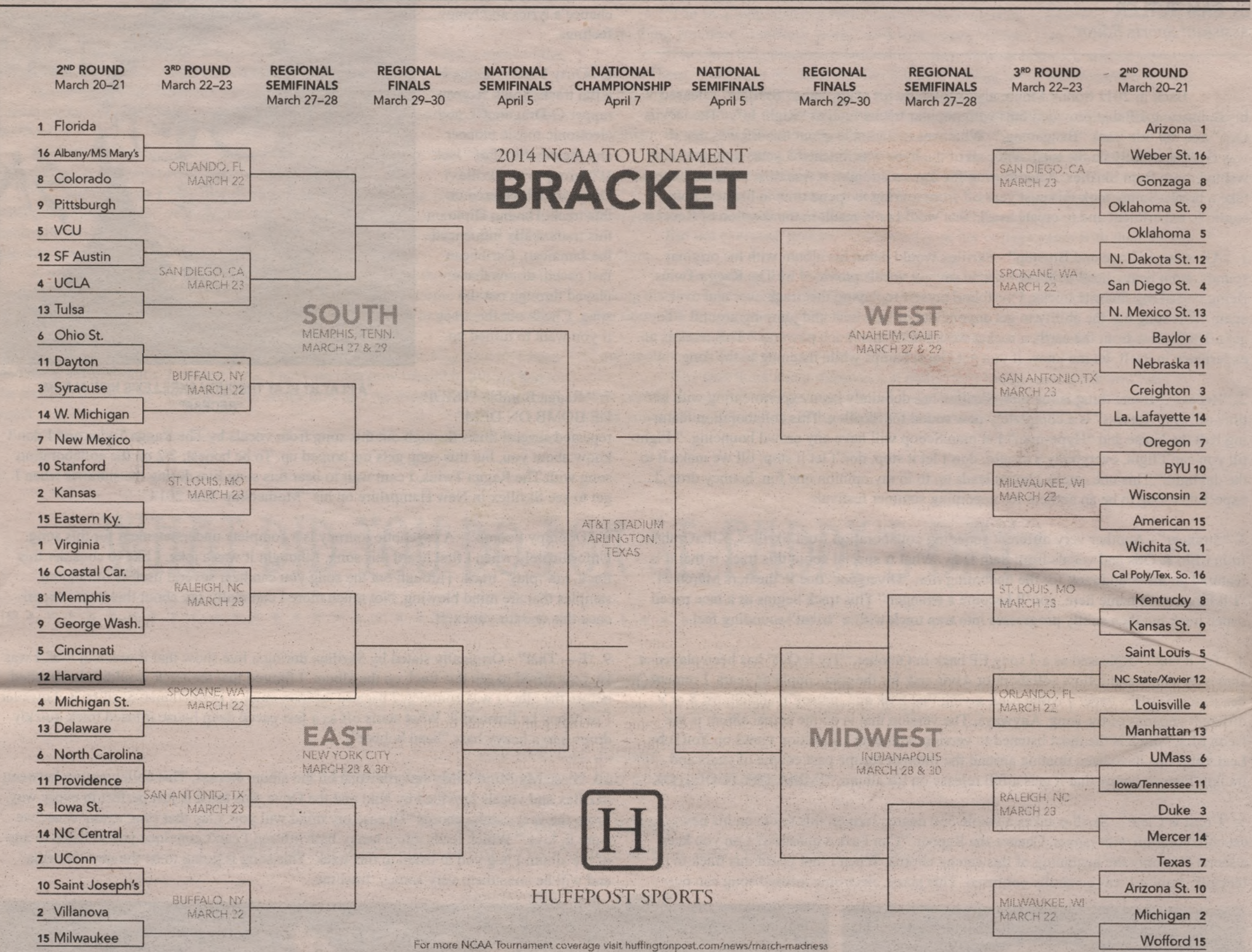
PHOTO COURTESY OF FACEBOOK.COM/SKRILLEX

MUSEUMS IN THE AREA: CHECK'EMOUT

NYC	METROPOLITAN MUSEUM OF ART	THE BODIES EXHIBIT	10:30am-5:45pm	6pm	to 5:30 p.m.	to ensure that the College is open on the day that you plan to visit.	Sundays: 12 noon to 5:30pm (last tour leaves at 4:30pm)
MUSEUM OF NATURAL HISTORY	OF ART	CURRENTLY CLOSED	Wed CLOSED	Fri-Sat 10am-8pm	Thursday evening until 7 p.m.		
Student \$7.50	Suggested Student Donation \$10		Thurs 10:30am-5:45pm		Saturday, 9 a.m. until 3 p.m. (call for holiday times)	MARK TWAIN HOUSE & MUSEUM	
Daily 10am-5:45pm	Tues-Thurs 9:30am-5:30pm	MUSEUM OF MODERN ART	Fri 10:30am-8:15pm	CT	Sunday, noon until 4 p.m. (call for holiday times)	Adult \$16	PEZ MUSEUM
The Rose Center remains open on Fri. until 8:45 PM	Fri-Sat 9:30am-9:00pm	Student \$6.50	MADAME TUSAUD'S WAX MUSEUM	THE HOUSATONIC MUSEUM OF ART	*The Museum and Gallery follow the calendar of Housatonic Community College. Please call 332-5000	Monday - Saturday: 9:30am to 5:30pm (last tour leaves at 4:30pm)	Regular admission \$5.00
	Sun 9:30am-5:30pm	Pay as you wish on Fridays from 4:30-8:15	Sun-Thurs 10am-	March - May: Monday through Friday, 8:30 a.m.			Monday - Saturday: 10:00am - 6:00pm
		Sat-Tue					Sunday: 12:00 -

Sports

March Madness: Let the Games Begin



DUKE AND KANSAS BATTLE IT OUT ON THE COURT.

APHOTO

Sports

“We pitched, swung the bats well, and we are getting closer to where we want to be.”

-Assistant Coach Alex Trezza, Baseball

Baseball Takes Series Against Fordham



BASEBALL CLUBS ONE INTO THE OUTFIELD

PHOTO COURTESY OF SEAN ELLIOTT

BY JAKE USTJANAUSKAS
Staff Reporter

The Sacred Heart University baseball team headed to the Bronx, NY to square off with the Fordham Rams in a three game series that took place over the weekend.

The Pioneers came away with a successful trip, as they recorded two wins, 4-2 and 6-0 respectively, to begin the series in a doubleheader before falling in the finale by a final of 7-6. The Pioneers improved their record to 5-7 overall before conference play starts and received a healthy gauge of where they stand as a team.

“We played pretty well,” sophomore pitcher Connor Landers said. “We played well enough to win all three games. We just need to tighten up some parts of our team so we’re able to go on streaks of winning games.”

The Pioneers were successful behind the strong arm of junior starting pitcher Jeff Stoddard, who hurled eight innings, allowing two runs and walking none.

“Jeff pounds the zone and he’s got command of his pitches, most importantly. He also controls the run game and hitters have to respect him because he constantly throws strikes,” said Landers.

With Stoddard’s ability to keep the visiting team in the game, it was up to the Pioneer offense to produce some runs

and maintain the lead. Senior designated hitter Dan Perez contributed with a 2-4 performance, driving in a run as well as scoring once himself. Stoddard’s batterymate, senior catcher Derick Horn, went 1-2 while helping out his pitcher offensively, producing an RBI as well as a run scored.

“Derick Horn calls a great game and does a tremendous job with the staff,” said Landers. “He’s the type of catcher that I trust because of him being a senior and I never shake off his pitch selection or decision because he is a great mentor to the young pitchers as well as the backup catcher Jake Friar.”

The Pioneers capitalized on three Rams errors committed during the top half of the eighth inning and converted the miscues into a run. Horn laid down a sacrifice bunt that enabled sophomore third baseman Jesus Medina to trot home and pad the Pioneers lead to 4-2 - a lead they did not relinquish when junior closer Dan Wertz worked a clean frame in the bottom of the ninth.

In the second game of the doubleheader, the Pioneers came out victorious by the score of 6-0 and were supported by another dominant pitching effort on the part of senior starter Nick Leiningen.

Leiningen tossed seven scoreless frames and only allowed seven hits to the Rams, while walking one.

The Pioneers gave their starting pitcher a lofty cushion to work with early

on by jumping out to a 5-0 lead before the second inning was over. Clean-up hitter, sophomore Jayson Sullivan, delivered run production early on by driving two Pioneers home with a pair of singles in his first pair of at-bats.

Offense was abundant in the second game of the doubleheader, allowing Leiningen to cruise and dominant the Rams’ lineup.

In the final nine between the two schools, Fordham managed to salvage the final game of the three-game set by winning 7-6 in a seesaw battle.

After the Pioneers broke the scoreless contest by producing runs in the third and fourth innings, the Rams bats woke up and stormed back to grasp the lead, scoring five times in the home half of the fourth inning.

Sacred Heart took the early lead and was later able to tie Fordham once on the afternoon. The Rams won the game on a dramatic suicide squeeze in the bottom half of the seventh inning.

“Our guys battled all weekend to win the series,” assistant coach Alex Trezza said. “We pitched, swung the bats well, and we are getting closer to where we want to be.”

Sacred Heart next plays tomorrow right up there Merrit Parkway against Quinnipiac. First pitch is at 3 p.m.

PLAYbyPLAY

MEN’S VOLLEYBALL

3/13

SACRED HEART 2, NJIT 3

MEN’S LACROSSE

3/15

SACRED HEART 10, HARTFORD 12

WOMEN’S LACROSSE

3/15

SACRED HEART 3, VERMONT 20

SOFTBALL

3/16

SACRED HEART 3, STONY BROOK 4

3/16

SACRED HEART 3, STONY BROOK 4

COMINGup

WOMEN’S LACROSSE

SACRED HEART (1-4) VS.
MANHATTAN (2-4)

Wednesday 3 p.m.

SACRED HEART (1-4) @
MONMOUTH (1-4)

Saturday 1 p.m.

BASEBALL

SACRED HEART (5-7) @
QUINNIPIAC (2-12)

Thursday, 3 p.m.

SACRED HEART (5-7) VS
CORNELL (7-3)
Saturday, 12 p.m. & 2:30 p.m.

SACRED HEART (5-7) VS
CORNELL (7-3)
Sunday, 11 a.m. & 1:30 p.m.



PHOTO COURTESY OF SEAN ELLIOTT



PHOTO COURTESY OF SEAN ELLIOTT

Sports

“We just need to tighten up some parts of our team so we’re able to go on streaks of winning games.”
-Sophomore Connor Landers, Baseball

PHOTO of THE WEEK:



PHOTO COURTESY OF SEAN ELLIOTT

PLAYERS of the WEEK

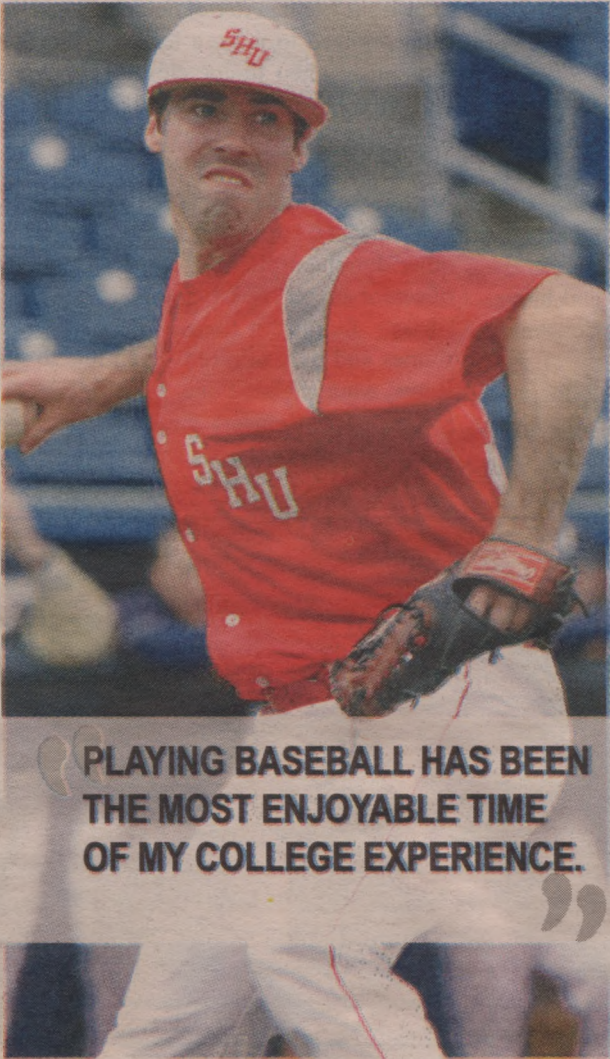
SHELBY KODY
VACCARO KERSKI

HOMETOWN
Brightwaters, New York
YEAR Senior
MAJOR
Media Studies
SPORT
Women’s Lacrosse, Midfield
STATS/AWARDS
9 goals, 13 points in 2014



“I LOVE BEING COMPETITIVE AND PLAYING THE SPORT I LOVE.”

PHOTO COURTESY OF ATHLETIC COMMUNICATIONS



“PLAYING BASEBALL HAS BEEN THE MOST ENJOYABLE TIME OF MY COLLEGE EXPERIENCE.”

PHOTO COURTESY OF ATHLETIC COMMUNICATIONS

HOMETOWN
Waterbury, Connecticut
YEAR Senior
MAJOR Accounting
SPORT Baseball, Pitcher
STATS/AWARDS
Pioneer ace for 2014 season. 2012 NEC All-Tournament Team. NEC Pitcher of the Week, March 3rd.